



MISSOURI DEPARTMENT OF HEALTH AND SENIOR SERVICES
BUREAU OF COMMUNITY FOOD AND NUTRITION ASSISTANCE
CHILD AND ADULT CARE FOOD PROGRAM
MENU – USDA REQUIREMENTS

NAME OF CENTER/FACILITY Intermediate Eat Smart Center #5

WEEK OF Week 1

YEAR 2011

	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Waffles			Peaches n' Rice	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Strawberries- frozen, unsweetened	Mandarin Oranges- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Pineapple- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 0x sweet	Waffles	Toasted Oats cereal (WG)	French Toast Sticks	Brown Rice (WG)	Toast
Other Foods	**no syrup**		**no syrup**		
LUNCH	Pork Rib Patty (CN)	Meat Ravioli with Cheese (CN)	Tuna Salad (HM)	Grilled Chicken Tenders	Sloppy Joes (HM)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Pears- fresh	Pineapple- canned, unsweetened	Bananas- fresh	Mandarin Oranges- canned, unsweetened	French Fries- frozen
4x fresh	Corn on the Cob- frozen	Tossed Green Salad- fresh	Carrots- frozen	Mashed Potatoes- dried	Cantaloupe- fresh
Grains/Bread Component 1x Whole Grain	Hamburger Bun	Bread Sticks	Sliced Bread	Whole Wheat Dinner Roll (WG)	Hamburger Bun
Meat or Meat Alternate 2x highly processed	Pork Rib Patty (CN)	Meat Ravioli (CN) with Cheese on top	Tuna	Chicken	Ground Beef
Other Foods		Ranch Salad Dressing			Sloppy Joe Sauce
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Ham Roll-Up		
Fluid Milk		Skim Milk		Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Peaches- canned, unsweetened	Celery- fresh			Bananas- fresh
Grains/Bread Component 1x Whole Grain, 1x sweet	Graham Crackers		Whole Wheat Tortilla (WG)	Rice Krispy Treat (sweet)	Animal Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate		Pimento Cheese	Ham		
Other Foods					



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WEEK OF Week 2

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Egg Burrito	Peaches n' Rice
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Pears- canned, unsweetened	Applesauce- unsweetened	Oranges- fresh	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened
Grains/Bread Component 4x Whole Grain, 1x sweet	Oatmeal (WG)	Blueberry Muffins (sweet)	Toasted Oats cereal (WG)	Whole Wheat Tortilla (WG)	Brown Rice (WG)
Other Foods 1x Meat/Meat Alternate				Eggs	
LUNCH	Tuna Sandwich	Bean and Cheese Quesadilla (HM)	Chef Salad	Hamburger (CN)	Chicken Strips (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Oranges- fresh	Corn- canned	Tossed Green Salad- fresh	Apple Slices- canned, unsweetened	Carrots- frozen
4x fresh	Green Beans- canned	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Peas- canned	Apple Slices- fresh
Grains/Bread Component 2x Whole Grain	Bread	Whole Wheat Tortilla (WG)	Bread Stick	Hamburger Bun	Whole Wheat Dinner Roll (WG)
Meat or Meat Alternate 2x highly processed	Tuna	Beans/Cheese	Turkey, Ham, Cheese	Beef Patty (CN)	Chicken Strips (CN)
Other Foods			Eggs	Ketchup	Ketchup
SUPPLEMENT <i>Serve 2 of 4 choices.</i>					Cheese Crackers
Fluid Milk		Skim Milk		Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Apple Slices- canned, unsweetened		Peaches- canned, unsweetened	Cucumbers	
Grains/Bread Component 2x Whole Grain, 1x sweet	Nutri-Grain Bar (WG) (sweet)	Pretzels, Toasted Oats cereal (WG)			Crackers
Meat or Meat Alternate 2x Meat/Meat Alternate			Cottage Cheese		Cheese
Other Foods				Ranch Dressing	

MO 580-1463 (6-04)

*Sweet Snack includes sweet items and grain-based snack chips/croissants

**WG = whole grain

***HM = home made

CACFP-218



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WEEK OF Week 3

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST				Sausage Biscuit	
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Fruit Cocktail- canned, unsweetened	Cantaloupe- fresh	Bananas- fresh	Pears- canned, unsweetened	Oranges- fresh
Grains/Bread Component 1x Whole Grain, 0x sweet	Bagels	Waffles	Toasted Oats cereal (WG)	Biscuit	Toast
Other Foods 1x Meat/Meat Alternate	Cottage Cheese	**no syrup**		Sausage	
LUNCH	Ham and Cheese Tortilla	BBQ Chicken (CN)	Salisbury Steak (CN)	Spaghetti with Meat Sauce	Tuna Crackers
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables	Carrots- frozen	Corn on the Cob- frozen	Mashed Potatoes- dried	Tossed Green Salad- fresh	Green Beans- canned
1x fresh	Applesauce- unsweetened	Pears- canned, unsweetened	Pineapple- canned, unsweetened	Apple Slices- canned, unsweetened	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 2x Whole Grain	Whole Wheat Tortilla (WG)	Hamburger Bun	Whole Wheat Dinner Roll (WG)	Spaghetti	Crackers
Meat or Meat Alternate 2x highly processed	Ham/Cheese	Grilled Chicken Patty (CN)	Beef Patty (CN)	Ground Beef	Tuna
Other Foods		BBQ Sauce	Gravy	Tomato Sauce	
SUPPLEMENT <i>Serve 2 of 4 choices.</i>			Ham Roll-Up		
Fluid Milk				Skim Milk	
Juice, Fruit, or Vegetable 3x whole fruits/vegetable	Peaches- canned, unsweetened	Applesauce- unsweetened			Pears- canned, unsweetened
Grains/Bread Component 1x Whole Grain, 1x sweet	Graham Crackers	Toast	Whole Wheat Tortilla (WG)	Cookies (sweet)	Cheez-Its
Meat or Meat Alternate 1x Meat/Meat Alternate			Turkey Ham		
Other Foods					



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WEEK OF Week 4

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	DATE	DATE	DATE	DATE	DATE
BREAKFAST	Strawberry Waffles			Peaches n' Rice	Breakfast Burrito
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Juice, Fruit, or Vegetable 5x whole fruit/vegetable	Strawberries- frozen, unsweetened	Apple Slices- canned, unsweetened	Fruit Cocktail- canned, unsweetened	Peaches- canned, unsweetened	Pears- canned, unsweetened
Grains/Bread Component 3x Whole Grain	Waffles	Toasted Oats cereal (WG)	English Muffin	Brown Rice (WG)	Whole Wheat Tortilla (WG)
Other Foods 1x Meat/MA, 1x sweet	**no syrup**		Honey (sweet)		Eggs
LUNCH	Ham Sandwich	Grilled Chicken (CN)	Turkey and Cheese Melt	Beef and Noodles	Fish Sandwich (CN)
Fluid Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
2 Servings of Fruit and/or Vegetables 1x fresh	Applesauce- unsweetened	Tossed Green Salad- fresh	Celery Sticks- fresh	California Blend Veggies- frozen	Corn- canned
	Peas- canned	Mandarin Oranges- canned, unsweetened	Banana- fresh	Cantaloupe- fresh	Fruit Cocktail- canned, unsweetened
Grains/Bread Component 1x Whole Grain	Bread	Whole Wheat Dinner Roll (WG)	Bread	Egg Noodles	Bread
Meat or Meat Alternate 2x highly processed	Turkey Ham	Grilled Chicken Patty (CN)	Turkey/Cheese	Ground Beef	Breaded Fish (CN)
Other Foods					
SUPPLEMENT <i>Serve 2 of 4 choices.</i>				Turkey Ham Roll-Up	
Fluid Milk		Skim Milk			
Juice, Fruit, or Vegetable 4x whole fruits/vegetable	Oranges- fresh	Cucumbers- fresh	Applesauce- unsweetened		Apple Slices- canned, unsweetened
Grains/Bread Component 2x Whole Grain, 1x sweet	Granola Bar (WG) (sweet)		Pretzels	Whole Wheat Tortilla (WG)	
Meat or Meat Alternate 2x Meat/Meat Alternate				Turkey Ham	Cheese Cubes
Other Foods		Ranch Dressing			